

Management of BPD in public mental health services, private and primary health care sectors

Monday 26 November 7:15pm AEDT

Tina's story

Tina is a 30-year-old single woman and mother of a five-year-old boy, Joshua. Tina meets the criteria for Borderline Personality Disorder and lives with her mother Jane. Tina is unemployed and is on the disability pension, whilst Jane works at Coles.

Tina suffered childhood abuse by her paternal uncle. Her father Bradley deserted Tina and Jane soon after Tina's birth.

Tina frequently overdoses on medications and inflicts cuts on her limbs to manage painful emotions. This leads to her attending the Emergency Department (ED), and depending on who is working in the ED, she is either discharged or admitted as an inpatient. Once she leaves hospital she struggles with an ongoing cycle of crisis-prone symptoms, not knowing where to turn. Her situation is complicated by Type I Diabetes Mellitus, for which she is on Insulin.

Tina overdosed on Insulin once when Joshua's father - Tim - left her (Joshua was six months old), taking 10 times her usual mealtime dose. Fortunately, Jane found her unconscious and called an ambulance to get her to hospital.

Jane has witnessed many of Tina's overdoses and is fearful of her suicidal threats. At present, Jane does not have any contact with health services.

Tina is keen to pursue romantic relationships. However, she appears to attract problematic and abusive partners that result in domestic violence, police involvement and IVOs.

She is fearful of rejection and sensitive to feelings of abandonment. Tina has very few friends and struggles to hold on to gainful employment. Tina frequently gets angry with Jane, with Jane describing her angry outbursts as 'volcanic eruptions'.

Tina is said to be an 'impulsive shopaholic' by her mother, and has \$5,000 owing on her credit cards.

Tina was diagnosed with anorexia nervosa at 16 years of age and has had disordered eating since this time. Currently she binges on food, particularly when feeling stressed.

Tina was admitted to the local public hospital three days ago after an overdose and is case managed by the local mental health services. Tina has been informed that she will be discharged from the hospital soon and her case management will also cease because 'she is not making the best use of case management' as evidenced by her ongoing overdoses and cutting behaviours.

The case manager has written to Tina's GP Dr Vikky Smith requesting further follow-up of Tina. Dr Smith has known Tina since she was 15 years old.

Tina's mother is very worried and anxious and has requested Dr Smith refer Tina to a private psychiatrist, Dr Harry Black. Tina does not have private health insurance.

Tina has received counselling and CBT therapy in the past and is on Lexapro 15 mg and Seroquel 200 mg per day.